

CLASS DESCRIPTIONS FOR MURRAY HILL

CARDIO:

Spin H- is an outdoor cycling experience with all the comforts of home with the hottest Johnny G Spin bikes.

REBOUNDING- Is an easy to follow, fun, flowing, non-impact (absorbing 80% of the shock) cardio workout on mini-tramps .

KICK IT- high energy kickboxing to get your butt into shape!

STEP- a fun cardio class using the step with a cool down stretch.

BOOT CAMP- A grueling workout for those tough enough to follow orders and drills.

DANCE FUSION- Dancers of all levels! Different styles each week- salsa to hip hop, Broadway to contemporary!

RESISTANCE REBOUNDING- using Rebounder's, weights, and body bars you alternate between cardio and weight training.

CHISELED

PUMP- is weight training with weights to "SHRED" & "SCLUPT" your body.

KO CONDITIONING- Focusing on increasing strength, cardiovascular condition, hand/eye coordination through Martial art and boxing fundamentals. Students will learn both offensive and defensive techniques through guided partner work with focus mitt, Thai pads and the heavy bag.

CHILL

YOGA SCHOOL- a basic beginner's class, this class is designed to give you a core foundation before taking other yoga classes.

ANUSARA- this experience balances and opens you to your higher self through attention to alignment & breath.

SUNRISE VINYASA/SUNSET VINYASA- this class will aid you in your practice and start or end your day with peace and purpose.

PILATES MAT- a series of exercises based on the work of Joseph Pilates to strengthen and lengthen muscles. Focus on the core.

INTERMEDIATE- Flowing, asana's in combination with controlled breathing. Experience with Yoga is necessary for this class.

LUNCH HOUR YOGA-Break up your day with a vibrant yoga hour created to nourish your body & fill up your spirit.

JIVAMUKTI YOGA- An invigorating flowing Vinyasa yoga class that combines breathing, movement & alignment.

YOGA ROLL- Forty minutes of Vinyasa Yoga, combined with using Yamuna Body Rolling Balls for twenty minutes.